



## 4-H Age Policy for Armada Fair Participation

At the June Armada Fair Board Meeting, Macomb County MSUE 4-H office and the Fair Board came to the following agreement. This agreement will satisfy both State 4-H and Michigan Department of Agriculture age regulations for 4-H youth participation in the fair.

### CLOVERSPROUTS

Fair Board supports State 4-H regulations requiring youth to be 9 years old as of January 1, 2006, in order to show in competitive classes, auctions, or sales. Youth who are 5-8 years old as of January 1, 2006 can show only as Cloversprouts. Cloversprouts will NOT receive premiums; they will receive participation ribbons only.

### 4-H MEMBERS

Youth who are 9-19 use their age as of December 31, 2006 when filling out entry forms and determining classes. If an individual will be 20 by December 31, 2006, s/he must show in the adult open class.

### APPLIES TO ALL YOUTH

When turning enrollment forms to the fair office, make sure to SEPARATE cloversprouts' forms from members' forms. On August 7, tags will be available for pick up for cloversprouts and members at the fair office. Please call Kathy Jamieson at (586) 469-6431 or e-mail [macomb.4h@macombcountymi.gov](mailto:macomb.4h@macombcountymi.gov) if you have any questions.

## Alcohol at 4-H Events

With show, clinic and camp season upon us, please remember that no alcohol is permitted at any 4-H sponsored events. This includes animal shows sponsored by 4-H clubs that may be open to non-4-H members, camps, activities where parents are observing and/or public clinics that may be sponsored by 4-H groups as fundraisers.

These are all 4-H sponsored events and even though the participants may not be 4-H members or volunteers we cannot permit alcohol on the premises. In the case of fairs, the policy of the fair board, regarding alcohol use on the fairgrounds would apply. However, during 4-H activities at the fair, alcohol should not be consumed by anyone participating in or attending the event. It is important to include the "No Alcohol Allowed on Premises" policy in any show bills or fliers that your group distributes so that potential participants know about the policy prior to arrival at the event site.

If event participants (adults or youth) are not following the "No Alcohol" rule, it is the responsibility of the group hosting the event to enforce the policy, just as they would enforce any other rules related to the event. Attendees would either need to leave the event or stop the unacceptable behavior. Michigan State University liability coverage will not be in place for groups who do not comply with this policy.

### 4-H King & Queen Contest Update

All participants need to create an application following the instructions below:

- \* Applications must be typed & double-spaced.
- \* Applications are NOT to exceed 3 pages.
- \* All sections must be described in the order below.
- \* Include the cover page to your written application.
- \* Include 3 x 5" photo.
- \* Return application to Stephanie Goike no later than July 15, 2006.
- \* Incomplete applications or those that do not follow these instructions will be returned.
- \* Fifteen-minute interviews will take place on July 20th at Wolcott Farm from 11:30 a.m.-5 p.m.. Contact Stephanie if you have a time preference.
- \* All sections are worth a maximum of 10 points.

SECTION A - 4-H Projects (past & present, include years)

SECTION B - Special Awards

SECTION C - Leadership Experience

SECTION D - Community Service

SECTION E - Club, County, State Activities

SECTION F - Non 4-H Activities: Involvement in community, school, church

SECTION G - Describe how 4-H has influenced your life.

SECTION H - What are you going to do with what you have learned through 4-H?

Instructions and cover sheet are online at

<http://macombcountymi.gov/msuextension/Clubs.asp>.

If you have any questions, contact the King & Queen

Superintendents: Stephanie Goike—(586) 784-5752;

Mary Goike - (586) 784-9372; or Katie Laudicina -

(586) 709-4805. Mail applications to Stephanie Goike,

24345 Pratt, Armada, MI 48005.

## A Little Tacky Celebrates with a Duck Release



*From left to right: Anna Szabo, Taryn Schairer, Macrina Cipa, Emily LaParl, Kelsey Pylar, Taylor Vettraino and Carolyn Schairer are some of the members of A Little Tacky 4-H Club who participated in a Duck Release.*

A Little Tacky 4-H Club members celebrated the birth of the newly-established 4-H club with a duck release. Family Farm and Home of Richmond stirred the excitement of the club by donating 16 baby ducks. The ducks, which were two days old when delivered to the MacErin Equestrian Centre, were held, fed, and kept warm by club members and boarders until the babies were old enough to be released into the pond at MacErin. On April 11, prior to a club meeting, family members and friends gathered around the pond. An informal ceremony was held with each club member having the opportunity to name their duck and release it into the water.

Although the primary focus of A Little Tacky is horses, club members were interested in learning and experiencing something new. Each time club members come for a club meeting or to groom, ride and love their horse, the ducks also have visitors, and members can be seen counting ducks until each one is accounted for.

This duck release was a fun learning experience and the perfect event to kick off the birth of A Little Tacky 4-H Club. A Little Tacky wishes to thank Darren Rathbun at Family Farm and Home for this kind donation.

*Submitted by Anita Cipa, General Leader  
A Little Tacky 4-H Club*

# Club & Committee News

## Horse Judging Team Places at State Jamboree

The hard work put in by the members of the Macomb County 4-H Horse Judging Team this season recently paid off. On April 22<sup>nd</sup>, the team competed in the 34<sup>th</sup> Annual State 4-H Horse Jamboree at Michigan State University, an event which draws hundreds of Michigan youth with equine interests to compete in horse judging, hippology, and horse bowl. The equine knowledge, reasoning, and public speaking skills of the participants are tested during day-long competitions.

In this year's horse judging contest, the participants observed four conformation classes (Quarter Horse, Appaloosa, Arabian, and Warmblood) and four performance classes (Saddle Seat Pleasure, Suitability to Become A Dressage Horse, Western Pleasure, and Reining). The contestants placed each class, answered questions about some classes, and gave oral reasons to defend their placings for others. The final score was determined by the similarity of placings to those of an official judge, combined with the number of properly answered questions and the oral reasons score.

4-Hers from Macomb County competed in three different divisions. Dana Delboy (Romeo Rebels) placed 4<sup>th</sup> in the Junior Regular division for oral reasons. This was Dana's second year on the team. In her first year on the team, Ania Kroll (Ray's Riding Rascals) dominated the Senior Novice Division, taking first place in both oral reasons and the overall score. The Senior Regular Team was comprised of Ashley Cerku (Midnite Riders), Diana Kroll and Katie Rinke (Ray's Riding Rascals). Ashley is a third-year team member. Diana and Katie are in their second year. As a team, Ashley, Diana, and Katie placed third in oral reasons and second overall – a placing that gives them the option to compete nationally at the Quarter Horse Congress in Ohio this fall. Additionally, Katie placed ninth individually in oral reasons and sixth overall. Diana placed fifth overall as an individual competitor in the Senior Regular division.

During this year's competition, the Macomb County 4-Hers wore a pink ribbon in memory of their long-time coach and mentor, Norma Agnew, who they lost in July 2005 after her lengthy battle with breast and bone cancer. At the awards ceremony, the girls on the Macomb County team were very excited about their accomplishments, but the knowledge that they would have made Mrs. Agnew extremely proud seemed to be more important to each of them.

The Macomb County team worked very hard over the winter to prepare for Jamboree. They attended nine indoor training sessions and seven clinics at Michigan State University and local farms where they practiced judging live horses. The team could not have been successful without the help of these local farms: Hox Acres, Windmill Farms, Eagleton Manor, MacErin Equestrian Center, Sue Moffit, and Jim and Colleen Malburg.

The Macomb County 4-H Horse Judging Team, which will begin preparations for next season in the fall, is open to new members. Please contact Lucy Brown at (810) 326-0897 for further information.

*Submitted by Lucy Brown, Resource Leader*



*Jamboree participants are, from left to right, Ania Kroll, Dana Delboy, Diana Kroll, Katie Rinke, and Ashley Cerku.*

## Help Wanted

**Westview Orchards & Cider Mill** of Romeo is looking for weekend help from Labor Day weekend through October 26. Applications are now being accepted for the following positions:

Admission to A-Mazin' Acres Assistant  
Black Holes & Indoor Maze Assistants  
Corn Maze Assistants  
Farm Animal Petting Barn Assistants  
U-Pick Apple Orchard Attendant

**Call (586) 752-3123 for an application form and to set up an interview.**

## Clever Clovers Garden Project



During the summer months, stop in at Wolcott Farm Learning Center and check out the huge garden that Clever Clovers is planting. The club will be harvesting pumpkins, sunflowers, gourds, and Indian corn in the fall. The club will hold sell the products at Wolcott Farm on Oct. 8 and 9.

Many of the items harvested will also be given to area nursing homes or assisted living residences to spruce up their homes and add some fall warmth. This is a big club effort

and we are proud to show off our achievements. We hope you can stop by and enjoy the view.

*Submitted by: Alayne Waterstraat, General Leader  
Clever Clovers 4-H Club*

# Club & Committee News (continued)

## K-9 & Kompany Dog Fun Match

On a wonderfully sunny, but comfortably warm, June 10, K-9 and Kompany held its annual dog fun match at Wolcott Mill Farm Learning Center. Forty-one dogs were entered, from various clubs and six counties.

The morning classes were in the obedience and agility rings. In Pre-Novice obedience, the exhibitors with qualifying scores were Hannah Kwiecinski and Brianna Wilkinson (K-9 and Kompany) and Emmali Sadry (Circle T Riders). Kwiecinski received the highest Pre-Novice score, and Wilkinson won Reserve. Novice level obedience members who achieved qualifying scores were Renee Kolleth (K-9 and Kompany), Rachel LaForge (Northern Macomb) and Judy Kaczar (Goalsetters). Kolleth had the high score in Novice, while LaForge earned Reserve.

In agility, those with qualifying scores at Beginner level were Hannah Kwiecinski, Troy Wilkinson, Brianna Wilkinson, Carlynn Maas, Felice Cook, Zachary Kwiecinski (K-9 and Kompany), Chris Cooper (Poochez and Pals), Elizabeth Fisk (K-9 Shadows), Jonathan Mueller (Northern Macomb), Michael Holcomb (Dogs in the Hood), Amy Urbanik (Wind and Sun), Katelynn Sulaica (Tailwaggers) and Emmali Sadry. The high scoring Beginner was Hannah Kwiecinski, with Cooper taking Reserve. Intermediate agility qualifying scores were attained by Heather Martin (Northern Macomb) and Kelsy Robinson (DynaMutts). Robinson was the Intermediate high scorer, with Martin earning Reserve. Only one Advanced agility team qualified, taking high score as well. Kari Munroe (Hadley Hounds) and her dog, in their last year of competition, took the honors.

The morning fun class was fastest recall. There was a class for dogs under 15" at the withers, won by Krista Sulaica (Tailwaggers). For dogs over 15", the winner was Rachel LaForge. Both dogs did the recall and sat in front of their handler in 3.2 seconds!

After lunch, showmanship classes began. In Novice showmanship classes, the winners were Hannah Kwiecinski and Elizabeth Fisk. Open showmanship class winners were Emmali Sadry and Katelynn Sulaica. Champion Showmanship winners were Bri Bloxsom (K-9 and Kompany) and Kari Munroe. Munroe was named the best handler of the day, with Sulaica taking the reserve spot.

The afternoon fun class was tidbit catching. Border collies seem to have a natural affinity for this, as the dogs of Brandon Bloxsom (K-9 and Kompany) won the 9-12 age group, and Bri Bloxsom won the 13 and older category.

Bri Bloxsom and the agility judge, Kelly Scudder, helped interested exhibitors through a rally obedience demonstration course. Rally is a new form of obedience and is less formal than the traditional version.

A great time was had by participants and volunteers alike. We look forward to another successful show in 2007.

*Submitted by Nancy Duemling, General Leader  
K-9 & Kompany 4-H Club*



## Dog Day of Summer

On Saturday, July 22, the Macomb 4-H Dog Project members will host a Dog Day of Summer at the Wolcott Mill Farm Learning Center. There will be demonstrations of dog agility, obedience and showmanship. Veterinary science projects will also be displayed.

In addition, non-project members and the general public may bring their dog for AKC Canine Good Citizen (CGC) evaluation. The test will cost \$7 per dog and you must provide proof of rabies and DHLPP vaccination. The CGC program encourages responsible dog ownership, including training dogs to have good basic manners and temperament. 4-H members are required to complete the evaluation acceptably in order to participate in nursing home visitations with their dog.

## 2006 Macomb County 4-H Livestock Clinic Held

The second Macomb County 4-H Livestock Clinic was held on Saturday, May 6th at the Armada Fairgrounds. A great group of youths and adults from Macomb and St. Clair Counties was in attendance.

The clinic offered sessions on goats, poultry, rabbits, sheep, beef and swine. Between the two sessions, a raffle was held in which every participant was a winner.

The instructors for the sessions were as follows: Jenna Lotan and Christine Bingham (Goats), Paul Gianferrara (Rabbits), Gina Riebel (Sheep and Swine), Melissa Wesolowski (Poultry), and Ashley Kuschel (Beef).

The Macomb County 4-H Livestock Program Committee would like to thank everyone who helped in any way to make this year's clinic a great success!



*Youths of all ages enjoyed the 2006 Macomb County 4-H Livestock Clinic on May 6th. Pictured from left to right are Jenna Lotan, Matt Miller, Christine Bingham and Tessie Senyk.*



*Pictured here from left to right are 4-H Livestock Clinic instructors. Back row: Jenna Lotan, Paul Gianferrara, Melissa Wesolowski. Front row: Christine Bingham and Gina Riebel.*



# Upcoming Events

## Michigan Dairy Expo Set for July 17-21



Dairy farmers and 4-H members, as well as families interested in learning about the dairy industry, can attend the Michigan Dairy Expo, July 17-21 at the Michigan State University (MSU) Pavilion for Agriculture and Livestock Education.

The Michigan Dairy Expo is the largest dairy event in the state. On July 19, visitors can learn about the nutritional benefits of dairy products during The Great Dairy Adventure, an educational event geared toward children that runs from 9:30 a.m. to 3 p.m. Participants can learn where milk comes from, visit the "I milked a cow" booth, experiment with dairy recipes, play games, make crafts and pet calves. They get coloring books and milk moustache pictures taken with MSU athletes.

Visitors also can watch 4-H events and learn about the industry and future producers. More than 200 4-H members and other youth will compete in a dairy quiz bowl, a cattle show, and dairy judging and dairy management contests during the event.

The youth events end July 20 with a barbecue and youth awards program. Top overall junior and senior winners will receive \$1,000 each.

Admission is free. July 18-20, shuttles will run every 15 minutes to transport visitors between Michigan Dairy Expo and Ag Expo, just across the road from the pavilion. For program and registration information, visit <http://www.canr.msu.edu/anscikids/dairy.html>, or contact Joe Domecq at 517-353-7855 or [domecqjo@msu.edu](mailto:domecqjo@msu.edu).

## North Central Regional Volunteer Forum



The 2006 North Central Regional Volunteer Forum will be held Oct. 13 and 14, 2006 at the Kahler Grand Hotel in Rochester, Minnesota. It will focus on the theme "Go 4 the Green." This forum is held for 4-H volunteers annually.

More information and registration materials are available online at [www.mn4h.org/NCR-VF](http://www.mn4h.org/NCR-VF).

Through your attendance at this Forum you will: 1) Gain new knowledge, skills, and resources equipping you for expanded effectiveness in delivering quality youth development programs; 2) Bring back contemporary and innovative ideas, lesson plans and concepts to use in teaching other volunteers and in your personal work with youth; 3) Learn from and network with other volunteers from across the 12-state North Central Region and our closest two neighboring Canadian Provinces; and 4) Increase your understanding of the depth, breadth and impact of the larger 4-H system.

The registration fee for the forum is \$210 if participants register online by August 1, 2006. Early bird registrations that are mailed in will be \$230. The cost includes conference fees and most meals. Travel and lodging are additional. The cost of rooms is \$79 plus tax for a single or double per night. Hotel reservations must be made by September 20, 2006. Lodging reservations should be made at the same time as conference registrations. In response to feedback from past participants, the State 4-H Office will NOT be coordinating travel plans or making housing arrangements for the Michigan delegation.

County 4-H Scholarships to cover part of the cost are available for this conference. For more information contact the Macomb County MSU Extension Office at (586) 469-6431 or Julie Chapin at (517) 432-7608.



Sponsored by MSU Extension, Michigan Sea Grant College Program, & Huron-Clinton Metropolitan Authority.

Lake St. Clair Discovery Cruises for families, educators, individuals, everyone! Learn about the Great Lakes on the Great Lakes.

### The Nature of Lake St. Clair

Take an educational tour of Lake St. Clair to discover the rich variety of aquatic life that makes the lake so special. Plants, animals, and habitats—including the world's largest fresh water delta — will be explored.

### Wildlife & Wetlands of Lake St. Clair

Explore further into the Flats in this extended 4-hour tour to discover the variety of plants, animals & habitats that make the world's largest fresh water delta so unique and valuable.

### Great Lakes Science for Teachers

Be part of a Great Lakes Science Team that determines water quality, explores the lake bottom, and learns what makes the Great Lakes great! Take home curriculum materials that can be used in the classroom. Learn about the new Great Lakes Center for Ocean Sciences Education Excellence (COSEE Great Lakes).

### Art: Flowing Ideas

Using Lake St. Clair & the St. Clair Flats to inspire us, participants will have an opportunity to paint, draw and/or photograph scenes of great natural beauty. Instructors will be on board to guide you on your creative journey.

### Lake St. Clair Fisheries

This is not a fishing cruise, but it definitely is a "fishy" cruise! Learn first-hand about the fish that are found in Lake St. Clair. Various live and fresh specimens will be available for hands-on examination.

### The Chronicles of Lake St. Clair

We cruise Lake St. Clair and the St. Clair Flats in search of the geologic past of the St. Clair River Delta and tell the human stories that shaped the history of this unique area.

### First Nations History

Join David White, director of the Walpole Island Heritage Center, for this special cruise as we explore the history of the very first nations of Lake St. Clair.

**Fees: Adults-\$15 ; Children-\$10**

**Lake St. Clair Discovery Cruises  
(586) 463-4332**

**Lower Detroit River Discovery Cruises also available:  
(734) 379-5020 ext. 5736**

**[Http://www.miseagrant.umich.edu/discovery](http://www.miseagrant.umich.edu/discovery)**

# Upcoming Events (continued)

## Future Newsletter Deadlines

The submission deadline for the September-October 2006 issue of 4-H Family Notes is August 22. The deadline for the 4-H Family Notes Fair Edition is September 22. Items received after the deadline will be included if possible.

E-mail articles and pictures to [macomb.4h@macombcountymi.gov](mailto:macomb.4h@macombcountymi.gov), fax them to (586) 469-6948, Attention 4-H, or mail them to MSU Extension - Macomb County, Attention: 4-H, 21885 Dunham Road, Suite 12, Clinton Twp., MI 48036.

## Bike Path Project



MSU Extension Master Gardeners, Macomb County Public Works Commissioner's Office and the Charter Township of Clinton invite you to volunteer to help with the 2006 Clinton River Spillway Bike Path Project. Project days are Saturday, July 15th and Saturday, September 16th.

Volunteers will meet at 8 a.m. at the northwest corner of Harper and Wellington Crescent in Clinton Township with weeders, rakes, shovels, gloves, pruners, sunscreen, lunch and a smile. Students can receive community service credits for helping. For more information, visit the web at <http://macombcountymi.gov/msuextension/mgbikepathproject.asp> or call Sandra Richards at (586) 469-6440.

*Zehnder's of Frankenmuth invites 4-H youth & their families to experience*

### Clover Kids Days

**October 13, 14 & 15, 2006**

\$25 per person includes full-day waterpark pass, personal pizza, soft drink, snack & arcade tokens. Reservations required by Sept. 29, 2006. Call 1-800-863-7999.

## 2006 Michigan Make It Yourself With Wool Competition

Contest Date: September 30, 2006

Entry Deadline: September 23, 2006

Contest Location: Rock Financial Center, Novi (American Sewing Expo) [www.americansewingexpo.com](http://www.americansewingexpo.com)

Age Categories (as of December 31, 2006): Preteens-ages 12 and under; Juniors-Ages 13-16; Seniors-Ages 17-24; Adult: Ages 25+

For more information, contact Judy Smith, 7113 Greer Rd., Howell, MI 48855 or send e-mail to [genie@tir.com](mailto:genie@tir.com). Official rules, regulations and entry forms are available upon request.

(For information on the National Make It Yourself with Wool Competition, contact Marie Leheldt, P.O. Box 175, Lavina, MT 59046 or call 406-636-2036)

## County Awards Workshop

**When:** Thursday, September 7, 2006

**Where:** MSUE Assembly Rooms A & B

**Who should attend:** Youth and adults that would like to understand the County Award application, directions and process better.

**What you will receive:** Copies of the applications (if you don't already have them), clear instructions on how to fill out the applications, and the chance to ask questions before you fill out the applications. Snacks and beverages will be provided. **If you are interested in participating in this workshop, please RSVP to Christine Miller by Sept. 1, 2006.**

**Telephone:** (586) 469-6431 **E-mail:** [christine.miller@macombcountymi.gov](mailto:christine.miller@macombcountymi.gov)



**2006**

**Armada Fair**

**4-H Silent Auction**

- Youth may sell any meat pen rabbits and meat pen poultry that made an A grade. Grand and Reserve Champions will be sold at the 4-H Livestock Sale.
- The Silent Auction will take place on Friday, August 18, 2006 from 2:00 p.m. until 6:00 pm during the Livestock Auction.
- Animals will stay in their respective barns with a clipboard on the cages to be sold.
- There will be a minimum bid of \$25 per cage for chickens, rabbits, ducks and geese and \$50 for turkeys. Additional bids must be made in \$5 increments. The bidder is buying the entire cage (ex. Three turkeys in a meat pen cage).
- Bidders will be required to fill out an information sheet in the livestock barn prior to bidding to receive a bidder number. This is done in the livestock barn prior to bidding.
- Successful bidders will be responsible for paying for the processing. A processing fee will be added on to the final sale price.
- Payment must be made between 7 p.m. and 9 p.m. on Friday while the Livestock Sale Committee is still in the barn.
- Buyers are responsible for pick up of processed animals at Brown's processing, located on 27 Mile Road west of Van Dyke.
- Macomb County 4-H Livestock Sale Committee will receive a commission of no more than 3% on each silent auction sale.
- Youth Participation in the Silent Auction is optional.
- This is a terminal sale. All animals will be processed.

If you have any questions or would like to help with Macomb County's 1st Silent Auction please contact Alayne Waterstraat at (586) 727-3030.

# Notes from the 4-H Office

## Has Your Club Thanked a Green Plant Lately?

Anne Crotser will come to your club/project meeting to conduct one or more of the following mini-classes between now and mid-August. To schedule a class, contact the 4-H office. There is no charge for the classes, but you may be asked to provide some of the needed materials.

Plant Parts 101: Review the basic plant parts and their functions, Discuss non-food uses of plant parts, use pictures from an old seed catalog to create a plant, Draw yourself as a plant, plant parts, songs and puzzles.

All Our Food Comes From Plants: Appropriate for younger youth and urban/suburban youth of any age who are "disconnected" from the origins of the food they eat. Learn about the "Hamburger Plant" and draw your own version, eat a plants part salad, see common fruits and vegetables as they grow and compare to processed fruits and vegetables we see in the store, grow a plant from the part we throw away, sing a group song.

Experiments in Seed Germination & Plant Growth: Appropriate for 4th-8th Graders. Requires monitoring experiments over time and reporting data. Learn seed basics, growing sprouts to eat, effects of light, gravity & water/nutrients on germination & growth. Create a germination necklace and seed mosaics.

Worm Composting: Presented by Mary Ellen Anglewicz. Learn about the anatomy & life cycle of earthworms, how worms can eat your garbage, and make your own composting container to take home.

Bugs 101: Appropriate for younger youth. Learn what makes a bug an insect, how spiders are different, how bugs move & eat, sing insect songs and make a butterfly craft.

Bugs 201: Appropriate for 4th-8th graders. Review insect essentials, metamorphosis, good bugs & bad bugs, insect field search, make an insect hat and wired ribbon butterfly.

Dirt & Water 101: Learn what's in a square foot of dirt, find out about soil structure, texture and nutrients, the water cycle and rain gardens and rain barrels.

Spring/Summer Garden Related Crafts: Create a garden in a shoe, build a scarecrow, make fairy wings, cornhusk dolls and garden harvest stationery

Fall Leaf & Seed Pod Art: Make critters from seeds and pods and make pictures from pressed leaves.

## Local Youth Participate in 2006 Art Exchange with China

Artwork by 14 students of Roseville Community Schools was selected to represent Michigan in Binzhou City, Shandong Province. Artwork by Brandon Arnone, Allison Atkinson, Kayly Clark, Micaela Crandall, Jordan Harris, Jenna Klimowicz, Daniel Kruse, Evangelos Martin, Matthew Noble, Cody Shea, Samantha Stanley, Zack Thompson, and Kirk Wawrzniak will be exhibited in schools across this eastern province of China. Thousands of children from across Michigan participated in the Michigan 4-H Children's Art Exchange with China from September 2005 through April 2006. Of the artwork submitted, over 300 pieces were sent to Michigan State University in May. Of those, 69 were selected to go to Shandong Province.

All of the Michigan children's artwork becomes part of an online art exhibit that goes up over the summer. Check out previous years' exhibits by going to the web at <http://web1.msue.msu.edu/msue/cyf/youth/chinapro.html>. For more information about the Michigan 4-H Children's Art Exchange with China, contact Christine Miller at (586) 469-6431.

## We Need YOU at the Fair!

4-H still needs clubs to sign up for shifts at the Exhibit Barn, Day Chairs and Craft Judging at the Armada Fair in August. Contact Christine Miller at (586) 469-6431 or by e-mail at [christine.miller@macombcountymi.gov](mailto:christine.miller@macombcountymi.gov) if you can help!

## Club Re-Enrollment Packets

Club re-enrollment packets for the 2006-07 program year will be available for General Leaders to pick up at the Armada Fair August 15-22. The packets may be picked up at the 4-H Barn.

If you prefer to pick up your packet at the Extension office in Clinton Township, please notify the 4-H staff. Call (586) 469-6431 or e-mail [macomb.4h@macombcountymi.gov](mailto:macomb.4h@macombcountymi.gov) by August 10th.

## 4-H Calendar of Events

County Events		
<b>July</b>	20 Cat Project Meeting, Clinton-Macomb Library North Branch, 6:30 p.m.	15-20 Armada Fair, Armada
4 Office closed	21 Algonac State Park 4-H Camping Weekend	<b>State &amp; Other Events</b>
6-8 County Shoot, Huron Pointe Sportsmen's Association	22 Dog Day of Summer, Wolcott Farm	
8 Light Horse Point Show, Camp Rotary	22 Outdoor Ed. & Rec. Prg. Committee meeting, 7 p.m., Huron Pointe Sportsmen's Assoc.	<b>July</b>
10 Horse Prg. Committee meeting, 7 p.m., Camp Rotary	22 Mini-Horse Show, 9 a.m., Camp Rotary	14 State 4-H Hort. & Entomology Contest, MSU
15 Co. Service Project-Clinton River Spillway Bike Path Project, 8 a.m.-3:30 p.m.	24 Livestock Sale Subcommittee meeting, 7 p.m., 4-H Council meeting, 6:30 p.m., VerKullen Bldg.	17-21 Michigan Dairy Expo, MSU
16 Poultry & Rabbit Tagging, 12-2 p.m., Armada Fairgrounds	<b>August</b>	<b>August</b>
16 Mini-Horse Show, 2 p.m., Camp Rotary	5 Horse Fun Show, 9 a.m., Camp Rotary	12 State 4-H Dog Show, MSU
	10 Cat Project Meeting, 6:30 p.m., Clinton-Macomb Library-North Branch	15-9/4 Michigan State Fair, Detroit

## Macomb County 4-H Staff

<b>Marilyn Rudzinski</b> County Extension Director	<b>Anne Crotser</b> 4-H Youth Educator	<b>Cheryl Printz</b> 4-H NATURE Prg. Assistant	<b>Rachel Calcaterra</b> 4-H Youth Educator	<b>Alissa Simpson</b> Americorps VISTA Program Assistant
<b>Kathy Jamieson</b> 4-H Youth Agent	<b>Christine Miller</b> 4-H Youth Educator	<b>Roberta Busquaert</b> 4-H Secretary	<b>Kt Stockman</b> Americorps Member Prg. Assistant	<b>Marcia Bloomfield</b> 4-H Mentor Program Secretary
<b>Tina Fleming</b> 4-H Youth Educator	<b>Karen Hakim</b> 4-H NATURE Prg. Assistant	<b>Jan Gwozdz</b> 4-H Mentor Coordinator	<b>Kevin Lewandowski</b> Americorps Member Prg. Assistant	<b>Telephone:</b> (586) 469-6431 <b>E-mail:</b> <a href="mailto:macomb.4h@macombcountymi.gov">macomb.4h@macombcountymi.gov</a>

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## Information To Improve the Selection and Use Of Foods In Your Home

### Kids and Exercise

Volume XXII

When most adults think about exercise, they imagine working out in the gym on a treadmill or lifting weights. But for children, exercise means playing and being physically active. Kids exercise when they have gym class at school, soccer practice or dance class. They're also exercising when they're at recess, riding bikes or playing tag. Everyone can benefit from regular exercise. A child who is active will:



- ▶ Have stronger muscles and bones.
- ▶ Have a leaner body because exercise helps control body fat.
- ▶ Be less likely to become overweight.
- ▶ Decrease the risk of developing Type 2 Diabetes.
- ▶ Possibly lower blood pressure and blood cholesterol levels.
- ▶ Have a better outlook on life.

In addition to the health benefits of regular exercise, kids who are physically fit sleep better and are better able to handle the physical and emotional challenges that a typical day presents—be that running to catch a bus, bending down to tie a shoe or studying for a test.

#### How Much Exercise is Enough?

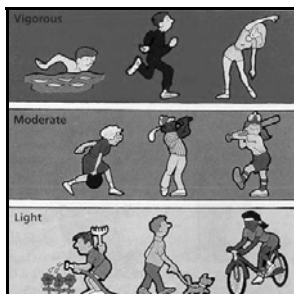
Parents need to ensure that their children are getting enough exercise. So, how much is enough? According to the 2005 dietary guidelines from the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS), **all** children two years and older should get 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week. In addition to providing more practical advice on how to give your child a healthy, balanced diet, the new dietary guidelines also suggest that kids eat more fruits, vegetables and whole grains than in the past. Check out the guidelines at [Mypyramid.gov](http://Mypyramid.gov).

Combining regular physical activity with a healthy diet is the key to a healthy lifestyle. By understanding the importance of being physically active, you can instill fun and healthy habits that will last a lifetime.

Source: USDA

### \*\*WORD WISE\*\*

#### Regular Exercise



U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS), recommends all children 2 years and older should get 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week.

Source: USDA

### \*\*CURRY VEGETABLE DIP\*\*

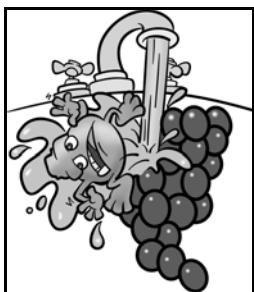
#### Dress up vegetables in a low-fat way

- ☐ 8-ounce carton plain, low fat yogurt
- ☐ 1/4 cup carrots, shredded
- ☐ 2 teaspoons green onion, minced
- ☐ 1 tablespoon mayonnaise-type salad dressing
- ☐ 1 teaspoon sugar
- ☐ 1/4 teaspoon curry powder
- ☐ Dash pepper



Mix ingredients in a bowl. Chill. Serve with crisp raw vegetable pieces, such as celery, carrot, or summer squash sticks. Servings: 16 tablespoons, calories 15, total fat 1 gram.

Source: USDA



# Five-A-Day Tips Washing Fruits and Vegetables

We know that eating a variety of fruits and vegetables is an excellent way to get essential vitamins and minerals, fiber and other substances that are important for good health. But what are the best ways to handle fresh fruits and vegetables before eating them?

## Things to Remember When Preparing Fruits and Vegetables

1. Wash fruits and vegetables only before eating. If you wash the item before storage, it will spoil more quickly.
2. The best way to wash the fruit or vegetable thoroughly is by gently rubbing the produce item under clean running tap water.
3. If the fruit or vegetable is firm enough (like potatoes and squashes) and the skin will be eaten, then a scrub brush should be used to clean the surface.
4. All fruits and vegetables should be washed even when the skin and rind are not eaten, such as oranges and melons.
5. Take off the outer leaves of leafy vegetables such as lettuce and cabbage before washing. Rinse leaves individually under running tap water and place in a salad spinner to dry.
6. Cut out any bruised areas of the produce because bacteria may grow and cause illness if consumed.
7. Keep raw meats separate from fresh fruits and vegetables. Use different cutting boards, knives and utensils when preparing meals.
8. Always wash cutting boards, knives, utensils and your hands after handling raw meats and before handling fresh fruits and vegetables.



Be sure to keep your refrigerator clean and cold. Wrap or cover any fruits or vegetables that you have cut and store them above raw meats.

Source: About Produce from Produce for Better Health <http://www.aboutproduce.com/faq/clean.html>

## **\*\*CHECK THE LABEL\*\***

Save the nutrition labels from different foods and drinks you consume. Look at each label to see how much calcium each food has. Try to figure out what else you could eat or drink to get more calcium.

Source: USDA



Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories 260		Calories from Fat 120
% Daily Value*		
Total Fat 13g		20%
Saturated Fat 5g		25%
Cholesterol 30mg		10%
Sodium 660mg		28%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A 14%	•	Vitamin C 2%
Calcium 15%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrates 4 • Protein 4		

For more information or questions regarding food and nutrition, contact us!

**MSU Extension - Food and Nutrition**  
21885 Dunham Road, Suite 12  
Clinton Township, Michigan 48036  
Phone: 586-469-6432

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[macombcountymi.gov/msuextension](http://macombcountymi.gov/msuextension)

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# ideas for parents

**Practical Suggestions for Building Assets in Your Child**

## FAST FACTS

### ASSET TYPE #6: Positive Values

*The more your child develops positive values that guide her or his behavior, the more likely he or she will make positive choices and grow up healthy.*

**62%**  
of youth surveyed hold at least three of the six positive values assets identified by Search Institute.\*

### What Are Assets?

Assets are 40 key building blocks to help kids succeed.

\* Based on Search Institute surveys of almost 100,000 6th- to 12th-grade youth throughout the United States.

## The Importance of Values

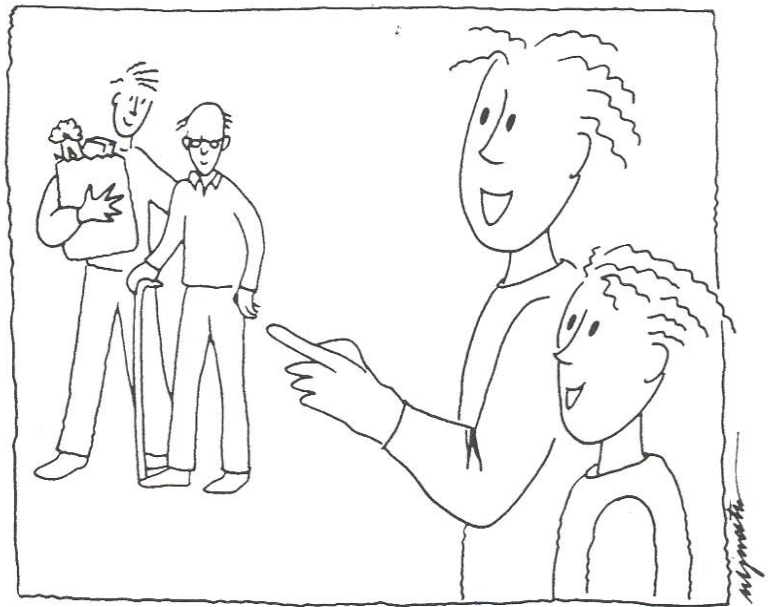
**V**alues shape our relationships, our behaviors, our choices, and our sense of who we are. The more positive our values, the more positive our actions.

By teaching our children positive values and modeling positive behavior based on values, we:

- Help them listen to their conscience.
- Build their integrity.
- Encourage them to help others.
- Help them become independent.
- Teach them how to discern between right and wrong.
- Give them a way to figure out how to be happy.

"The values you teach your children are their best protection from the influences of peer pressure and the temptations of

consumer culture," say Richard and Linda Eyre, authors of *Teaching Your Children Values*. "With their own values clearly defined, your children can make their own decisions—rather than imitate their friends or the latest fashions."



### 6 Key Areas of Positive Values

**Search Institute researchers have identified six positive values assets that are crucial for helping young people grow up healthy. Check the areas of strength in your child's life.**

- ☐ **Caring**—Your child places high value on helping other people.
- ☐ **Equality and social justice**—Your child places high value on promoting equality and reducing hunger and poverty.
- ☐ **Integrity**—Your child acts on convictions and stands up for her or his beliefs.
- ☐ **Honesty**—Your child "tells the truth even when it is not easy."
- ☐ **Responsibility**—Your child accepts and takes personal responsibility.
- ☐ **Restraint**—Your child believes it's important not to be sexually active or to use alcohol or other drugs.

**Quick Tip:**  
Think about how you act. Your actions reveal your true values.

**Upcoming issues of *Ideas for Parents* address all six positive values assets.**



# Teaching Values Through the Years    Your Family Values

## Age    Ways to Teach Values

- 0-1
  - Respond to your child's cries immediately.
  - Create a caring atmosphere in your home.
  - Articulate your family values now. Model these values and teach them to your children as they grow up.
- 2-3
  - Show children how to act when they act inappropriately.
  - Find simple ways for your child to care for others such as giving hugs.
  - Interact with your child in loving, respectful, caring ways.
- 4-5
  - Explain your values when you see others behaving in ways you value or acting in ways you don't value.
  - Affirm your child's appropriate actions.
  - Teach your child how to care for a special toy, an outfit, or a plant.
- 6-10
  - Participate in family service activities.
  - Collect food for a food pantry.
  - Together write thank-you notes whenever your child receives a gift.
- 11-15
  - Watch television or read books together and discuss the values presented.
  - Together interact in caring, responsible ways with younger children.
  - Build a bird feeder together and have your young teen keep it filled with bird food.
- 16-18
  - Always be honest with your teenager.
  - Encourage your teenager to volunteer with at least one organization.
  - Together write letters to Congress advocating for or against pending legislation.

*Values help children grow into independent, confident, caring people. What are your family values? Here are a few possibilities to get you started. Add other ideas and determine which 10 values are most important to your family.*

- |   |  |
|---|--|
| <input type="checkbox"/> Honesty        | <input type="checkbox"/> Moderation      |
| <input type="checkbox"/> Love           | <input type="checkbox"/> Friendliness    |
| <input type="checkbox"/> Loyalty        | <input type="checkbox"/> Promise keeping |
| <input type="checkbox"/> Equality       | <input type="checkbox"/> Self-reliance   |
| <input type="checkbox"/> Fidelity       | <input type="checkbox"/> Social justice  |
| <input type="checkbox"/> Responsibility | <input type="checkbox"/> Sensitivity     |
| <input type="checkbox"/> Respect        | <input type="checkbox"/> Mercy           |
| <input type="checkbox"/> Dependability  | <input type="checkbox"/> Self-discipline |
| <input type="checkbox"/> Kindness       | <input type="checkbox"/> Peacemaking     |
| <input type="checkbox"/> Self-control   | <input type="checkbox"/> Courage         |
| <input type="checkbox"/> Compassion     |  |

## More Stuff You Can Use

**Teaching Your Children Values.** This book has age-appropriate ideas on how to help your child develop values. (Available from Simon and Schuster, 200 Old Tappan Road, Old Tappan, NJ 07675; 1-800-223-2348.)

## Final Word

**"The transferring of values takes time and happens best in family togetherness—through the close, loving relationship between you and your child."**

**—Cheri Fuller, author of *365 Ways to Develop Your Child's Values***

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